

## PROGRESSION OF STALKING

**Cautious Approach:** Walking calmly and quietly, arms folded or in the pockets, keeping off the skyline and making full use of natural cover. Use this method when you are far from your quarry and there is plenty of cover.

**Upright Crouch:** Hands on knees, knees slightly bent, feet pointed straight forward, feet lifted cleanly and set down evenly, body poised. This is used when moving through shoulder high bush. Move from one piece of cover to the next, avoiding dead twigs that may snap as you step on them.



**Feline crawl:** On hands and knees, exploring the position with the hands before bringing up the knee to the same position when the hand was. Move slowly always keeping your eyes on your objective.



**Flat Feline crawl:** Lie flat and bring up the knees sideways. Keep the heels down. This is used where the cover is sparse.



**Seal Crawl:** Lie flat, head and back down, feet splayed, as for the flat feline crawl, but lever body forwards with the forearms only. Make use of natural noises (wind in trees etc) to cover sounds of approach. Used where there is no cover.

